

# **Healthful Snacks**

- All of the snacks below are no more than 200 calories and are 30% or fewer calories from fat.
- Use the following guide for the comments box:
  - Q = Quick, easy, and/or ready to go
  - P = Portable, no refrigeration needed through the day, and minimal to no preparation needed
  - N = Nutrient dense; high in fiber, whole foods or nutrients
  - M = Microwave needed
  - R = Refrigerator needed
  - T = Convenient when traveling by car
- **Snacks highlighted in red** are especially good for busy people who travel frequently and do not have a refrigerator and/or microwave at work.

<b>Healthful Snacks</b>	<b>Comments</b>
Clif Luna Bar – 8 flavors (though this bar is marketed to women, it is a nutritious snack for men as well) <a href="http://www.clifbar.com/clifproducts/luna/nutz.html">http://www.clifbar.com/clifproducts/luna/nutz.html</a>	Q   P   N   T
Nature Valley, Health Valley, low-fat granola bar or cereal bar – all flavors	Q   P   N   T
*3 cups microwavable low-fat popcorn *(read labels and choose low-fat, low sodium)	Q   P   N   M
¼ cup any nuts (note: nuts are more than 30% of calories from fat, but from the good-for-you monounsaturated fats!) Terra Chips – All natural vegetable chips <a href="http://www.westsoy.com/hain/products/index.html">http://www.westsoy.com/hain/products/index.html</a>	Q   P   N   T
¼ cup sunflower or pumpkin seeds (greater than 30% calories from fat, but	Q   P   N   T

from good-for-you monounsaturated fats)	
6-8" whole wheat tortilla with 1 ounce Healthy Choice fat-free shredded cheese	Q    N    R    M (heat cheese for 20 seconds in tortilla in microwave)
Applesauce or mixed fruit (unsweetened) in portable, ready-to-go plastic containers	Q    P    N
¾ cup dried fruit (no added sugar) – apples, apricots, figs, peaches, prunes, raisins	Q    P    N    T
1 ounce fat-free tortilla chips with ¼ cup salsa	Q    N    R
Knudsen on-the-go individual serving of low-fat cottage cheese with fruit	Q    N    R
McDonalds garden salad with herb vinaigrette or grilled chicken Caesar salad (new salad shakers)	Q    P    T
Fresh fruit – apple, banana, orange, peach, pear, grapes, plum, cherries	Q    P    N    T
Baby carrots dipped in low-fat or fat-free ranch or blue cheese dressing	Q    N    R
Can of V-8 (low-sodium) or other vegetable juice and a low-fat yogurt	Q    N    R
Low-fat yogurt topped with 2 tablespoons grapenuts, granola or fresh fruit	Q    N    R
Mini-bagel spread with apple butter	Q    R    N (depending on type of bagel, whole grain is best.)
Frozen 100% fruit bar or frozen banana	Q    N    R (Great evening snack when at home/freezer available)
7.5 ounce Health Valley ready to serve split pea, bean and lentil soups	Q    P    N    M
Any raw vegetable sticks – carrots, celery, pickles, jicama, radishes, cucumbers, green pepper slices, broccoli and cauliflower pieces	Q    P    N    T